

JUST FOR

You

The Official
Teen Newsletter of
Unison Health Plan
of Tennessee**So You Hate to Exercise.
What Can You Do?**

You do not have to play a sport or go to a gym. There are a lot of things you can do to be more active:

- Do sit-ups or jump rope while watching TV.
- Lift light weights to strengthen your muscles.
- Jog around the block or walk fast around the mall a few times.
- Help carry groceries, clean the house, cut grass, do garden work, rake leaves, or wash the car.
- Take the stairs instead of the elevator.
- Take your dog for a walk.
- Ride your bike instead of driving or getting a ride from your parents or a friend.

Make a list of things you like to do to be physically active. Hang it in your room as a reminder. Keep track of your progress.

Source: National Institutes of Health

EXERCISE Doesn't Have
to be a **PAIN**

If the very thought of exercise brings images of torture and turns your stomach, read this. Exercise does not have to be painful to give you health benefits. And the health benefits are many. Of course, some muscle soreness is common in the beginning of an exercise program. After the unused muscles get used to activity, soreness will be a thing of the past.

Being physically active may:

- Help you control your weight, build lean muscle, and reduce your body fat
- Strengthen your bones
- Increase flexibility and balance
- Improve your self-esteem and mood
- Help you sleep better
- Help you focus in school



Just for Girls

Breast Health

Good News! Breast Cancer is rare in teenage girls.

But what about all of those lumps and bumps? Not to panic. This is common as your breasts develop and grow.

Breast cancer is probably the farthest thing from your mind. However, it's a good idea to develop some good practices for good breast health in the future. If you become familiar with the normal look and feel of your breasts now, you will be able to tell if there are changes later.

You should start doing monthly self exams of your breasts at age 18 to 20, or ask your doctor when you should begin. And ask your doctor the best way to do self exams.

Do your self exam at the same time every month. About a week after your period is a good time since your breasts are less tender then. If you feel a lump that does not go away, check with your doctor.

Unless your doctor tells you, teenagers do not need to get mammograms, an X-ray of the breast.

According to the American Cancer Society, the risk of getting breast cancer increases as you get older. Plus, just being a female is the main risk factor for getting breast cancer. Men can also get breast cancer, but the disease is about 100 times more common among women than men.

Although you can't do anything about your gender or aging, you can help reduce your risks of getting breast cancer by eating a healthy diet and getting plenty of exercise.

Si desea recibir una copia de esta informacion en espanol, por favor llame al numero 1.800.414.9025.

Smoking Hurts Your Teeth and Overall Health

Did you know that tobacco causes:

- Cavities
- Bone loss
- Bad breath
- Mouth sores
- Hairy tongue
- Shrinking and bleeding gums
- Loss of taste and smell
- Clothes and hair to smell
- Teeth and fingernails to yellow
- You to look pale and unhealthy
- A hacking cough
- Your energy for sports and other favorite activities to be zapped
- Even death

If you don't use tobacco, don't start. If you are using tobacco and want to quit here are some helpful hints to get you started:

1. Set a quit date.
2. Put it on paper.
3. Hang out with friends who don't smoke.
4. Practice saying no.
5. Be prepared for cravings.
6. Join a support group.
7. Consider stop-smoking medications.
8. Learn from your mistakes.
9. Talk to your parents, they can help.

Most of you know that smoking is bad for your health. Tobacco in all forms not only hurts your health but causes many dental problems. Smoking is the most common cause of lung cancer. Smokeless tobacco also causes mouth cancer, tooth loss and other health problems.

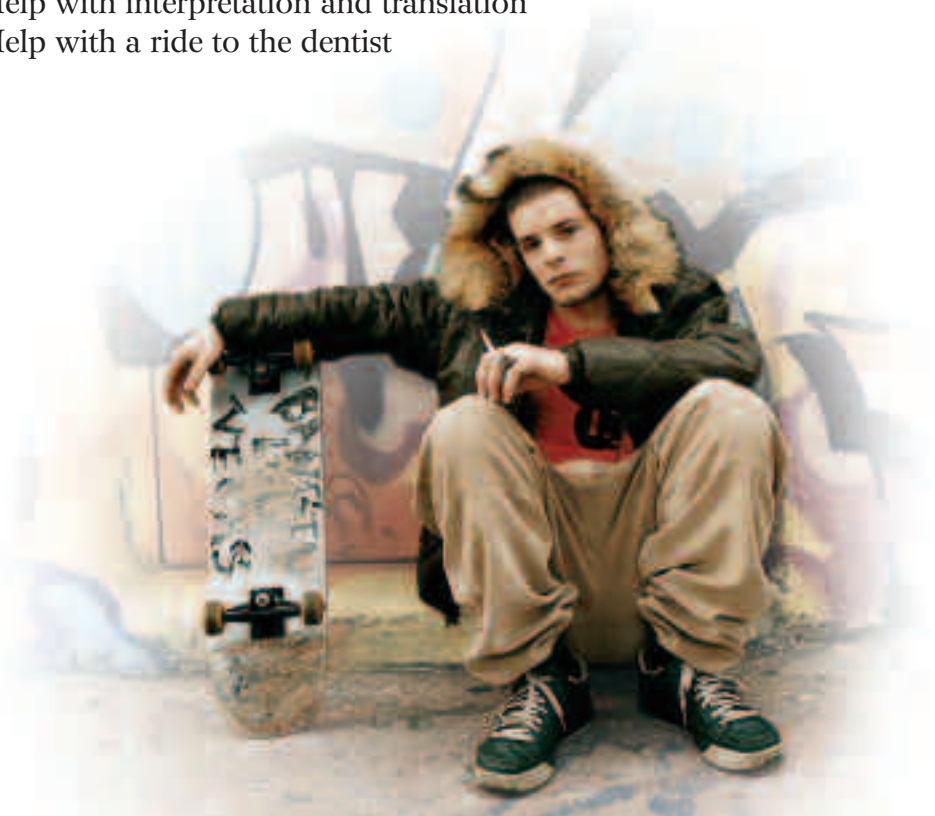
Using tobacco increases your risk of oral cancer, gum disease, cavities and hot/cold sensitivity. Tooth stains from tobacco cannot be removed by regular brushing and can cause a build up of tartar. Staining and tartar build-up could mean more dental cleanings.

Tobacco is very harmful for teens because your body is still growing and changing. The 200 known poisons in smoke affect how you grow and can cause diseases.

If you have TennCare, you have TENNderCare (EPSDT) dental services until you become 21 years old. These services include FREE regular 6-month checkups, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935. Or visit www.doralusa.com for:

- Help finding a dentist
- Questions about your TennCare dental benefits
- Help with interpretation and translation
- Help with a ride to the dentist



Household Cleaners

- Not for Sniffing

One Time Could Be Last Time

Just one time can be one too many with inhalants, according to the National Institute of Drug Abuse. In an otherwise healthy person, a single session of abusing highly concentrated amounts of certain inhalants can lower oxygen levels enough to cause death.

Popular inhalants include a variety of household, beauty and office products from paint thinners, to solvents in magic markers to aerosol sprays to fingernail polish, to name a few.

Nitrous oxide, also known as laughing gas, can be as dangerous as any other inhalant when abused. When used as a painkiller in a dentist office, nitrous oxide is mixed with oxygen. Nitrous oxide that fills balloons is usually in its pure form and can be dangerous when inhaled. Another popular balloon filler, helium, can also be dangerous to inhale. So play it safe – skip the silly voice.

It's important to let your friends know the dangers of sniffing toxic vapors.

For help with a drug problem, call your doctor. Or call Unison Member Services at 1.800.414.9025 for the number of free behavioral health or substance abuse help.

Source: The National Institute on Drug Abuse

High Price Paid for a 'CHEAP HIGH'

Sniffing. Huffing. Bagging. Whatever you call the practice of inhaling chemical vapors of common household items to get a mind-altering effect, the practice can be deadly.

Inhalants are very effective poisons. They enter the bloodstream quickly and are then distributed throughout the brain and body. They have direct effects on both the brain and spinal cord and the nerves throughout the body. They may be addictive.

How severely can inhalants harm you?

They can affect your ability to:

- Think
- Talk
- Remember
- Hear, and
- Walk.

In addition, they can cause convulsions and damage to the:

- Lungs
- Liver
- Kidneys
- Heart
- Bone marrow, and
- Muscles.

Just for Guys

When losing your cool isn't

Note to Girls

Guys aren't the only ones who get angry. You can try these tips, too!

It is totally normal to be angry sometimes — everyone gets mad at some point. And as a teen, the changes in your body can cause you to feel mad for what seems like no good reason sometimes. The idea is to deal with your anger in a good way. Cool down first, and then focus on positive ways to fix the problem. This will help you to deal better with the people in your life, and you can even earn more respect along the way. So, the next time something really has you fired up, try these steps:

1. Try to calm yourself down before doing or saying anything.

When you are afraid that your anger will get the best of you, try exercising. Taking a walk or going for a run will get your mind off the problem. Sometimes you just need to get away for a while and cool down.

2. Tell the other person why you're angry and how you feel.

What we say when we are angry can hurt more than anything else. So, think about what you're going to say before you say it. Make sure you're not saying something you are going to feel bad about later.

3. Try to think about the reason you're angry.

We often become angry because of other people's actions. But most of the time, these people didn't act out of spite. They just weren't thinking about how their actions may hurt others. Be honest with yourself and admit that you can be mean at times yourself, and then be willing to forgive.

The next time you feel really angry, ask yourself if the reason you're angry is going to be important to you years from now. If not, just let it go.

We're Online!

Learn more about your health plan on our web site.

- What benefits and services are covered and what's not
- A list of doctors, specialists, hospitals, and vision services
- How to get care — primary care, specialty care, after-hours care, behavioral health services and hospital services, and care when you are out of our service area
- What to do in an emergency
- Preventive health guidelines
- Your rights and responsibilities
- How to make a complaint
- How to appeal a decision
- How we evaluate new treatments and services
- Our privacy policy.

Go to www.unisonhealthplan.com. From the pull down bar, select Tennessee. Select your plan (Unison). Click on Members. You'll find this information and more. Call Member Services to get a printed copy of information on our website.



Need a Ride?

If you need a ride to the doctor's office, TennCare will see that you have a ride. It is free. Please call 1.866.405.0238. If you are in Shelby County, call 901.405.0238. You can also call Member Services at **1.800.414.9025**.



Unison Health Plan Member Services

Questions? Comments? Call us

Available Monday through Friday, 8 a.m. – 5 p.m.

1.800.414.9025 TTY 1.888.616.0021

Interpretation and translation services are free to members.

Please call Member Services at 1.800.414.9025.

Please refer to your member handbook for benefit coverage.

You have the right to file a complaint if you feel you have been treated unfairly based on the grounds of race, color, national origin, sex, age, religion, or disability without threat of retaliation. No person shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or service provided by Unison Health Plan. To file a complaint contact Member Services at 1.800.414.9025.

Tiene derecho a presentar una queja si considera que lo trataron injustamente por cuestiones de raza, color, nacionalidad, sexo, edad, religión, o incapacidad, sin amenazas de represalias. Unison no discrimina a ninguna persona, es decir, todos pueden participar y obtener los beneficios de cualquier programa otorgado por el Plan de atención médica de Unison. Para presentar una queja comuníquese con Servicios para Miembros al 1.800.414.9025.



No one is treated in a different way because of race, color, birthplace, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1.866.311.4287. In Nashville, call 743.2000.



Unison Administrative Services

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